OOB file

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Gentlemen:

I am writing to you for information and guidance concerning development of consciousness which is not considered by most to be "normal" or at least commanly accepted. However, I know that you are doing research in this area and feel fairly "safe" in discussing this with you.

I am almost 39 years old and during most of my life my psychic experiences have been confined to a telepathic experience as a child of about 10 and then in later years discovered that my own children and I had telepathic exchanges between us. They were nothing exciting, but little things like a song running through my mind would suddenly be sung by my toddler. And there were the usual where you are thinking repeatedly about calling someone up on the phone and walk over to do so and they call you. I have always considered these things comman and normal but then I have always been open to the extra sensory world since my experience as a child. Once it happens to you, you believe it. During the last 14 months of my life, my whole being has taken on many new dimensions and I became aware of what I have labeled as a spiritual development. These feelings are difficult to describe as they are internal. But they cannot be denied either. They are spiritual in that I "know" things about myself but can't tell why or where they come from, and I give it a label of spiritual development and this in itself has changed my whole way of living. In addition, the psychic abilities have increased. Some were very obvious. After reading some books on psychic phenomena we played a telepathic game whereby my husband thought of a number from 1 to 10, and either red or black. He placed his hands on my head and I mentally cleared my mind, then relaxed and let the number and color come. I was successful 5 times in a row. With each success I became more excited and then it all fell apart. The next day we repeated this experiment once, each of us "guessing" with success. (He in himself is another subject. He is one who is always "lucky" in cards and dice and I have always believed he has a gift there. Then at other times with my daughter we tried this without success. So it does not appear to be consistent nor under control, but still in existence. The other telepathic experiences which have taken more time to assess and have taken more time in which to become aware of them, involve receiving telepatically, someone else's emotions. I have a girlfriend living 200 miles away and at first it seemed strange that each time I have a spell of depression for absolutely no aparent reason, within a week I will get a letter from her telling me of her problems and depression. After a while of this it began to form a pattern. It really hit home when I attended a workshop by Kubler-Ross and picked up great fear and anxiety of 4 women who (unknown to me) were holding hands and trembling in fear and anxiety over their soon-to-be standing up in front of the group to do group sharing of emotions. I experienced fear, heart palpitations, anxiety, butterfiles in my stomach, sweaty cold hands, absolute fear and was

equally perplexed with this sudden state of my emotions, which I did not connect with anyone else. After the 4 woman had had their time of sharing in front of the group, my fears and physical symptoms disipated. Afterwards they told how fearful they had been, and that they had been holding hands, etc., and it dawned on me (now again in my peaceful and relaxed state) what had happened. And I can tell you that this aspect of telepathy doesn't appeal to me! I would like to learn how to channel this to good use but I have to spend some time becoming aware of it, how it feels "inside" and how I can "send" it. Also I have to learn how to stop picking up the negative influences but Elizabeth Kubler-Ross explained about that at her workshop that I attended in November of this year.

The area in which you may have done most of the research are psychic experiences happening to me during a pre-wakening state. At this time it doesn't seem like a dream and yet I am not awake as my eyes are not open. This includes a state of vibration which is not the same exactly as outlined in the book "Journeys" but which seems to be progressive and I believe it may be the predecessor of an out-of-the-body experience. This is both exciting and frightening. I asked Dr. Ross about this at her workshop and she assured me that one cannot get trapped outside of the body and not to be afraid of this "gift". However, it is new territory to me! Easier said than done! There were other little happenings that occured and I was unable to monopolize all of her time with my questions when there were 80 others there with questions. At least I was able to receive some self confidence that there are others out there who have unexplained experiences and are not just someone's far out imagination. My pre-waking experiences seem to be another state of consciousness. During them, I am able to think, remember and assess the situation without changing it. I can hear outside noises but yet my eyes are not open and I don't feel completely awake. During this time I "see" things in clear visibility with my eyes closed. Once I saw a light. Twice a road with scenery moving by as if I was in a car going down a road. Once I woke with a pain in my ribcage and was able to "lift" it up and expand it until it dissipated. I allowed the pain to return and then do it again to be sure this was real.(This pain I had been experiencing in a waking state and there is no way to alleviate it consciously.) And then there were the vibrations. They are the most recent happenings and have occurred beginning Sept. 22 of this year.

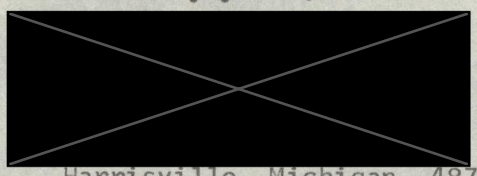
The first time I was aware that I was no longer sleeping, and that the upper left portion of my body (torso) was in a state of vibration. I was laying on my back and observed this until it faded away. It was as if it had woke me up, but it didn't last too long. I went back to sleep and in the morning thought about it. Since I had read Monroe's book, it seemed that this was logically a dream. Exactly 1 month later I again became aware that my body was in a state of vibration. This time it was my whole body, in rough vibration and in addition a cycle-like vibration pulsed. I heard that rather than felt that. There was noise also. I wondered why our furnace was so noisy and that it must be vibrating our bedroom.(It had gotten cold out and was coming on automatically for the first time in the autumn). I was aware that my husband, who was nestled against me, was asleep and then wondered why he didn't wake up as he is a very light sleeper. While I debated whether or not to wake him up and ask him what this was, it faded away and so I just went back to sleep and the next day told him about it. He felt no vibration nor heard any noise. When the furnace came on again I went into the bedroom and there was only a distant noise and no vibration. Hmmmmm..I then suspected that the first experience was not a dream. Two weeks later, just under a month ago, I had been awake and saw my husband off to work and then snuggled back into the covers for a little more sleep.

I had a dream which was not particularly significant and then was aware of "popping" into a different level of awareness and there was that vibration again. I knew that I was awake and didn't open my eyes but just felt it. I was aware that I was lying on my stomach this time and exactly where my arms and legs were placed. I could hear a roaring in my ears, like I was also hearing the vibration. So I thought, "what the heck, I might as well try" what I had read in Monroes book. Maybe I didn't really believe this would happen. I thought about lifting one of my legs and it felt very light and airy as if it had lifted and when I pointed my toe it felt as if my leg were stretching. At that point I became frightened and could hear my heart pounding above the roaring in my ears. I didn't know where to go from there, being chicken hearted, and just held the situation as it was until the vibration faded away. Then I opened my eyes and all was normal. My whole body felt sort of numb and tingly, but it was not as sharply defined as when your foot goes to sleep on you. I re-read the book "Journeys" and although he talks about the state of vibration, he doesn't give enough information to match up with my circumstances. I have since tried to produce this state at will without success. It just seems to have happened when I least expect it or have forgotten about it. But it is pretty hard to forget all about it when you have such strange things happening!

What information is available on this? I know that you have some tapes and perhaps some additional material in printed form that you could make available. In Northern Michigan we are very isolated and the libraries and bookstores are very limited not to mention that the general population is disbelieving so I can't very well discuss this with many. The very few people in this area that are willing to disclose their strange situations have been limited to near death experiences. While I was at the Kubler-Ross workshop it was very reassuring to find many people with experiences and although they weren't the same as mine, it was still a support.

Well, I hope the reader of this letter doesn't think this is just another looney letter - I am sure that you get many! But if I don't ask somewhere, I'm not going to find out even if there are any answers. Thank you for taking the time to read this and I hope you can make some recommendations for educational material and advice.

Sincerely yours,



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